



Director of Labor James L. Salkeld (right) presents a Two Million Work Hours Safety Award to International Paper Company in Conway.

INTERNATIONAL PAPER IN CONWAY EARNS TWO MILLION WORK HOUR SAFETY AWARD

Employees of International Paper Company in Conway were recipients of a Two Million Work Hours Safety Award January 16, 2004. The 300 plant employees accumulated 2,000,000 work hours without a lost day away from work due to a work related injury or illness between May 2000 and November 2003.

International Paper has had a safety program in effect since 1990 and has 32 members serving on their safety committee, which is made up of both management and employees.

Sixty-nine companies in Arkansas were presented safety awards through this program during the last fiscal year. The Arkansas Department of Labor, the Arkansas Workers' Compensation Commission and the Arkansas Insurance Department are proud to present both Accumulative Years safety awards to smaller employers that work years without a lost day away from work, in addition to Million Work Hour Awards to larger companies who are able to accumulate the hours.

For information on how your company can become eligible for an award, contact Ann Sanders at the Arkansas Department of Labor at 501-682-4329 or e-mail ann.sanders@mail.state.ar.us

LITTLE ROCK OSHA OFFICE CONCERNED ABOUT EXCAVATION SAFETY

By Paul Hansen, Area Director,
U.S. Department of Labor

The Occupational Safety and Health Administration has established both a National Emphasis Program and a Local Emphasis Program in the area of excavation safety. The majority of those inspections are based on complaints or referrals.

During the past three months, the Little Rock Area Office has inspected several excavation sites, and has either issued or will issue citations in all cases. In four of the inspections, the employer representative presented certificates of training, either from AGC or Trench Safety, a private consulting and training firm.

When an employer has knowledge of existing hazards, and, through training and/or experience is aware of what those hazards are, and does not take action to abate those hazards, the documentation for a willful violation is present. The penalties for a willful violation can be severe, and in the event of a fatality, the case may be referred to the U. S. Department of Justice for prosecution under criminal statutes.

If an employer desires training on excavation safety, he/she may **Cont. on page 4 – See OSHA**



SAFETY SEMINARS PLANNED FOR PUBLIC AND PRIVATE SECTOR EMPLOYEES

The Arkansas Department of Labor's Safety Division is preparing their 2004 schedule of safety seminars for both the public sector as well as private employees in Arkansas.

The Arkansas Department of Labor in conjunction with the U. S. Department of Labor and the Arkansas Workers' Compensation Commission has 14 seminars in the works for the private sector, some with additional sponsorship from local safety associations.

While all the dates and locations are not yet firm, the tentative schedule is as follows:

Stuttgart – February
Pine Bluff – Mar. 18
Hope – Mar. 30
Fort Smith – Apr. 21-22
Little Rock – May 11
Russellville – May 20
West Memphis – Jun. 24
El Dorado – Jul. 29
Ashdown – Aug. 4
Bentonville – Aug. 18
Batesville – Sept. 9
Jonesboro – Sept. 22
Monticello – Oct. 5
Crossett – Oct. 25

These seminars, entitled Preventing Occupational Injuries and Illnesses, have proven so popular in the past that the schedule continues to grow. There were three seminars held during the 1989-90 fiscal year and ten last year.

The seminars are designed for hourly employees, supervisors and people on safety committees. Each program lasts one day, costs \$20

and covers subjects ranging from safety and health hazard recognition, personal protective equipment, effective safety committees, means of egress, ergonomics, violence in the workplace, behavioral safety, and more.

Seminars are also being planned for public sector employees during 2004. These free, half-day programs are designed to familiarize workers with safe work practices and to encourage employees to work safely on the job.

Tentative dates and locations for Preventing Injuries and Illnesses in the Public Sector are as follows:

Pine Bluff – Feb. 13
Hot Springs – Mar. 17
West Memphis – Apr. 15
Monticello – May 6
Jonesboro – May 27
Fort Smith – Jun. 9
Mena – Jun. 15
Hope – Sept. 22
Little Rock – Oct. 26

If you would like to receive more information on either of these seminars or be added to the mailing list, call the Arkansas Department of Labor's Safety Division at 682-4523.



YOUTH SAFETY INITIATIVE BEING ESTABLISHED IN ARKANSAS

The Arkansas Department of Labor, the OSHA Area Office, various associations, and other groups are entering into a safety Alliance agreement. The Alliance agreement will focus on training high school youth in grades 9-12 working in fast food establishments and grocery stores. Subjects covered by the alliance will include wage and hour laws, slips, trips and falls, electrical safety, and walk and working surface safety.

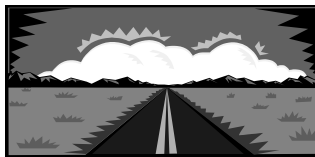
Alliances, a new U.S. Department of Labor OSHA program, enables organizations committed to workplace safety and health to collaborate with OSHA to prevent injuries and illnesses in the workplace.

The groups working together on Arkansas' youth safety alliance are presently defining each stakeholders role and commitment to foster a safer workplace for the teenagers of Arkansas. It is anticipated that the complete program will be up and running around mid March.

Prior to start up, group representatives will attend a train-the-trainer program that will assist them in teaching the teens and/or employers.

At the present time, any groups employing teenagers in Arkansas can request a free teen safety film developed by the Arkansas Department of Labor.

If anyone would like to be a part of this Alliance effort, please contact Safety Administrator Clark Thomas at the Arkansas Department of Labor, 501-682-4522 or e-mail thomas.clark@dol.gov



ROADWAY SAFETY TIP

When traveling on the highway anytime the roads are wet, the cruise control should not be activated. If a vehicle begins to hydroplane with the cruise control feature on, your tires will accelerate to a higher rate of speed once the wheels lose contact with the pavement. If you find yourself hydroplaning, ease your foot off the gas until the car slows down and you can feel the road again. If you need to brake, do it gently with light pumping actions.



COLD WEATHER ADVISORY FOR WORKERS

With the onset of cold weather, OSHA is reminding employers and workers to take necessary precautions, such as those listed on OSHA's Cold Stress Card, to prevent and treat cold-related health problems. Workers in construction, commercial fishing, maritime and agriculture are among those who need to take precautions.

Prolonged exposure to freezing or cold temperatures may cause serious health problems such as trench foot, frostbite and hypothermia. In extreme cases, including cold water immersion, exposure can lead to death. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue and confused behavior. If these signs are observed, call for emergency help.

OSHA's Cold Stress Card provides a reference guide and recommendations to combat and prevent many illnesses and injuries. Available in English and Spanish, this laminated fold-up card is free to employers, workers and the public. Tips include:

HOW TO PROTECT WORKERS

- ❖ Recognize the environmental and workplace conditions that may be dangerous.
- ❖ Learn the signs and symptoms of cold-induced

illnesses and injuries and what to do to help workers.

- ❖ Train workers about cold-induced illnesses and injuries.
- ❖ Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
- ❖ Be sure workers in extreme conditions take a frequent short break in warm dry shelters to allow their bodies to warm up.
- ❖ Try to schedule work for the warmest part of the day.
- ❖ Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- ❖ Use the buddy system – work in pairs so that one worker can recognize danger signs.
- ❖ Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol.
- ❖ Eat warm, high-calorie foods such as hot pasta dishes.
- ❖ Remember, workers face increased risks when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes,

hypertension, or cardiovascular disease.

For free copies of OSHA's Cold Stress Card in English or Spanish, go to OSHA's website at www.osha.gov or call 1-800-321-OSHA.



OSHA ISSUES INSPECTION FACT SHEETS

Two new fact sheets describing the OSHA inspection process and the U.S. Department of Labor's role in investigating occupational deaths are now available.

OSHA Inspections lists agency inspection priorities, explains phone/fax investigations, details the step-by-step process of an on-site inspection, describes how results are handled and tells how employers can appeal OSHA citations and penalties.

OSHA's Role When A Worker Dies on the Job provides details on **Contd. on Page 4 – See FACT**

SAFETY NEWS

A quarterly publication of the Arkansas Department of Labor, 10421 West Markham, Little Rock, Arkansas 72205-2190, phone (501) 682-4500, e-mail jeanette.donahue@mail.state.ar.us. Alternate formats are available upon request. No information published herein should be construed as substituting for policy directives sent through regular channels to personnel.

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ARKANSAS' WORK INJURY/ILLNESS RATE DECREASES FOR TENTH YEAR

According to a study by the Arkansas Department of Labor and the U.S. Department of Labor's Bureau of Labor Statistics, 5.7 work-related injuries and illnesses were reported

in the state for every 100 full-time workers in private industry for 2002, down from 5.8 in 2001.

The following major industry divisions showed a decrease in the incidence rates in the number of occupational injuries and illnesses: mining, construction, manufacturing of non-durable goods, and wholesale and retail trades.

Approximately 22,700 injuries and illnesses were serious enough to require recuperation away from work, restricted duty at work, or both. The days away from work cases decreased from 2.5 days in 1995, 2.1 days in 1996, 2.0 days in 1997, 1.8 days in 1998, 1.7 days in 1999 and 2000 to 1.5 days in 2001 and 2002.

For more information, contact Leon Cornett at the Arkansas Department of Labor at 501-682-4542, or write to 10421 West Markham, Little Rock, Arkansas 72205-2190.

FACT (contd. from page 3) employer responsibilities for reporting fatalities, describes specific agency steps in investigating workplace deaths, notes agency assistance available for families of deceased workers and includes information on criminal referrals in cases where there is sufficient evidence of willful violations of OSHA standards that caused the death of a worker.

To access these fact sheets, visit www.osha.gov

OSHA — (contd. from page 1) contact the Arkansas Department of Labor-OSHA Consultation at (501) 682-4523 or the U.S. Department of Labor-OSHA at (501) 324-6291 to schedule training.